

FRIDAY NIGHT FACTS

OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



MITCHELL E. DANIELS, JR., GOVERNOR
PAULA PARKER-SAWYERS, EXECUTIVE DIRECTOR

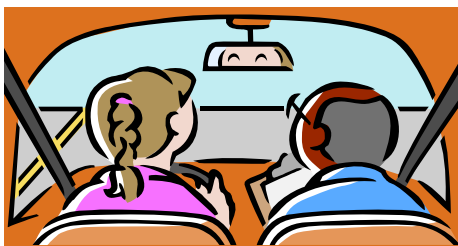


Don't forget...

Make a Difference Day (October 27th) is a national day of helping others. Project planning tools and other resources are available to volunteers. Participants who register their projects are eligible for one of ten \$10,000 awards given nationally by Newman's Own Foundation.

To learn more, visit <http://www.usaweekend.com/diffday/>

Game Show Network (GSN) presents the second annual National Vocabulary Championship (NVC) in association with The Princeton Review. Program awards over \$100,000 in tuition and prizes and is open to high school students grades 9th through 12th age 13 to 19. The NVC was created to empower students of all backgrounds to improve their verbal aptitude in anticipation of future academic excellence and success in life. Students can compete in one of two ways, either at live events in their city or online during the month of November online. National coaches are also needed to help students prepare for the NVC. To learn more, visit <http://www.winwithwords.com/>



Sponsored by State Farm and the National Youth Leadership Council, Project Ignition is a national service-learning grant program that promotes safe teen driving. Auto accidents are the number one cause of teen deaths in America, and Project Ignition is working to change that. Through Project Ignition, students develop teen driver safety campaigns that change how their schools and communities approach teenage driving. Each school group creates a unique program and implements it in its own way.

Applications are now being accepted for the 2008-09 school year. The first 100 applicants receive a copy of *Getting Started in Service-Learning* and a Project Ignition T-shirt! High schools, classrooms, clubs, teachers, students, and organizations can apply to participate. To learn more, visit http://www.sfprojectignition.com/application_2008.html

Don't forget to check out upcoming training opportunities on the OFBCI website at <http://www.in.gov/ofbci/2414.htm>

Only 10 more days!!

White House Regional Conference on Faith-Based and Community Initiatives
Monday, November 5th — 8 AM to 5 PM
Tuesday, November 6th — 8 AM to 12 noon

Indianapolis Marriot Downtown
350 West Maryland Street
Indianapolis, IN



On Monday and Tuesday, November 5-6, the White House and the Departments of Justice, Agriculture, Labor, Health & Human Services, Housing & Urban Development, Education, Homeland Security, Commerce, Veterans' Affairs, the Small Business Administration, and the Agency for International Development along with the State of Indiana will host a conference in Indianapolis to help faith-based and community organizations learn more about President Bush's Faith-Based and Community Initiative.

The conference is **free***, but pre-registration is required. Registration is on a first-come, first-serve basis. Visit www.fbc.gov to register online. *Transportation and overnight accommodations are your responsibility.

The conference is part of a series of regional events the White House is hosting to support the work of effective social service organizations. For more information, call 202-456-6708, send an email to fbc@dtihq.com, or visit www.fbc.gov.

March of Dimes Indiana Chapter



4th Annual Prematurity Summit

Saturday, November 3, 2007

9:00 AM to 3:30 PM

Marten House Hotel & Lilly Conference Center
1801 W. 86th Street

Indianapolis, Indiana

Keynotes by

Elizabeth Roosevelt Johnston and Karla Damus, PhD, MPH, RN

Presentations

Session 1: Interpregnancy Care

Session 2: Prevention of Premature Birth

Session 3: Late Preterm Birth

Free Registration

Register online at www.marchofdimes.com/indiana or by phone at 317-262-4668.



For the past eight years, the Indiana Division of Steak 'n' Shake Restaurants and other local businesses have sponsored what has now become an annual event called "Breakfast with Santa." Wayne Township Fire Department (WTFD) will host this event at their Conference Center, located at 700 N. High School Road, on **December 15th** from 9 AM to 2 PM. You are invited to participate in this free breakfast; however, contributions of new toys, clothing, books, gift certificates and/or in kind donations would be appreciated by the Breakfast with Santa committee, the children and their families. Donations of volunteer time, storage facilities, and transportation would also be greatly appreciated. For more information or to volunteer, please call Marshall Lewis, 317-247-8501.

Staying Fit this Fall

The weather may be cooling, but that doesn't mean your fitness routine needs to cool down. FitCity offers these tips to get you up and moving this fall.

An Apple a Day

Take the family to an apple orchard – it's a fun and delicious way to stay healthy. Whether it's walking through the rows of trees, picking the apples or hiking up a trail, many of the orchards around town offer a variety of activities to keep you moving. Then, top off your day with a tasty and healthy apple!

Football Fitness

It's okay to catch your favorite football team on TV, just don't sideline your fitness routine during the season. Pick up a jump rope during the commercials and test yourself to see how long you can jump; snack on pretzels at the tailgate party instead of salty chips; walk (or run) around the block during halftime; and celebrate a victory by doing your own victory dance.

Grab the Rake

Raking leaves is considered moderate physical activity, similar to a brisk walk – and it's a great way to fit in an outside exercise while getting a chore done. Not only does it help your yard look better, but it helps you look better by building upper-body strength.

RED DELICIOUS APPLE OATMEAL **Ingredients**

1/2 cup diced Red Delicious apple
1/3 cup each apple juice and water
1/8 tsp salt (optional)
Dash each ground cinnamon and nutmeg
1/3 cup quick-cooking rolled oats, uncooked



Directions

Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats and cook for 1 minute. Cover and let stand several minutes before serving. Makes a 1 cup serving.

Nutritional analysis per serving: Calories, 180; Fiber, 4 g.; Cholesterol, 0; Sodium, 25 mg.

No matter what move you make this fall, FitCity encourages you to make it a healthy move. For more information visit www.INShape.in.gov or FitCity www.fitcity.info.

